

DAILY GRATITUDE *Journal*

Date _____

M T W T F S S

▶ Today's affirmation:

▶ I like myself, because...

▶ Things I'm good at:

▶ People I'm grateful for:

▶ I care about:

▶ Best part of today...

▶▶▶ *Notes* ▶▶▶

GRATITUDE LIST for today

Date: _____



List 5 things for which I am grateful before I start my day.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List 3 challenges and the lessons I have learned from them.

- 1 _____
What did I learn? _____
- 2 _____
What did I learn? _____
- 3 _____
What did I learn? _____

Before going to bed, reflect on the things that make me happy.

Today, I am grateful for:

Date: _____



1

2

3

4

5

6

7

8

9

10
